

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Ab Strength Workout 1 - Shred	Ab Cardio Workout 1 - Amrap	Ab Strength Workout 2 - Rock Hard	OFF	Ab Power Workout 1 - Ripped	Ab Cardio Workout 2 - Circuit Training	Ab Power Workout 2 - Hardcore Training
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
WEEK 2	OFF	Ab Power Workout 3 - Tone Up	Ab Cardio Workout 3 - Fat Burn	Ab Power Workout 4 - Pilates	Ab Cardio Workout 4 - Extreme Burn	OFF	Ab Strength Workout 1 - Shred + Ab Cardio Workout 1 - Amrap
	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
WEEK 3	Ab Strength Workout 2 - Rock Hard	Ab Power Workout 1 - Ripped + Ab Cardio Workout 2 - Circuit Training	OFF	Ab Power Workout 2 - Hardcore + Ab Cardio Workout 3 - Fat Burn	Ab Power Workout 3 - Tone Up	Ab Power Workout 4 - Pilates + Ab Cardio Workout 4 - Extreme Burn	OFF
	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
WEEK 4	Ab Strength Workout 1 - Shred	Ab Strength Workout 2 - Rock Hard + Ab Cardio Workout 1 - Amrap	Ab Power Workout 1 - Ripped	Ab Power Workout 2 - Hardcore + Ab Cardio Workout 2 - Circuit Training	OFF	Ab Power Workout 3 - Tone Up + Ab Cardio Workout 3 - Fat Burn	Ab Strength Workout 1 - Shred + Ab Power Workout 1 - Ripped + Ab Cardio Workout 4 - Extreme Burn
	DAY 29	DAY 30	DAY 31	DAY 32			
WEEK 5	Ab Strength Workout 2 - Rock Hard	Ab Power Workout 3 - Tone Up	Ab Power Workout 2 - Hardcore + Ab Cardio Workout 1 - Amrap	Ab Power Workout 4 - Pilates + Ab Cardio Workout 2 - Circuit Training			